

Rules and Procedures for Pre-School and Accompanying Children

1. No sitting on safety mats.
2. No drinking or feeding in the gymnastics hall.
3. Only one child at a time on the trampoline.
4. No member's smaller brother or sister etc. is allowed on the floor or apparatus, only those that have paid for their session.
5. Please do not leave any baby's dirty nappy in our building. Please take them home, as this has been a big problem on occasions.
6. No photos, videoing etc is allowed, due to child protection requirements.
7. All gymnasts' long hair needs to be tied back.
8. No solid hair bands or slides to be worn.
9. No jewellery is to be worn including any piercing due to British Gymnastics Health and Safety Guidelines for insurance purposes. Plus rings can do enormous damage to our bars, which will then cost hundreds of pounds to replace.
10. A participating child must not wear clothing with buttons/zips/buckles etc.; the only exception would be for leotards, which occasionally have a back zip fastening. Please check items such as shorts, which occasionally have lace type ties with small plastic ends, which can also do enormous damage.

Thank you for your help in adhering to these rules.

Glenys Halford, Leader of Norwich Gymnastics Club